



Tennis Training Levels

Please refer to the current SONC/SONV Tennis Rules and Regulations for Official Events and Divisions.

Levels 1-5 are designed for athlete success in the sport of tennis, with the addition of activities for Young Athlete Tennis. Each level corresponds to the tennis ability of each athlete by offering different court sizes, tennis ball size and composition, goals and lesson concentrations.

Level 1: 42' court with red foam ball

- ◆ Beginner : Individual Skills
- ◆ Goals: Introduce athletes to the sport of tennis.
 - ◆ Teach athletes 7 tennis strokes
 - ◆ Strokes are taught using the game based approach.
 - ◆ Placement and control drills
 - ◆ End product – prepare athlete for competition on a 42 foot court
- ◆ Lesson Concentration: Balance, hand-eye coordination, racquet control, stroke production

Level 2: 42' court with red foam ball

- ◆ Beginner: Matchplay; Singles, Doubles and Unified
- ◆ Goals: Athletes will learn to put ISC skills into match play.
 - ◆ Athletes will gain knowledge of rules, scoring and sportsmanship.
 - ◆ Athletes will expand static strokes into movement before and after each shot.
 - ◆ Athletes will learn simple doubles positioning and tactics
 - ◆ Strokes and movement will be taught in the context of match play using the game based approach.
 - ◆ Providing meaningful matchplay tennis competition for athletes with limited mobility and tracking
 - ◆ End product – prepare athlete for competition on a 42 foot court
- ◆ Lesson Concentration: Movement, Racquet Control, Tracking. Rules and Etiquette

Level 3: 60' court with orange ball (low compression)

- ◆ Advanced beginner: Matchplay; Singles, Doubles and Unified
- ◆ Goals: Provides meaningful tennis competition for athletes successful in level 2 and ready for the challenge of a slightly larger court and smaller ball.
 - ◆ Athletes will successfully transition to 60' court with Orange Ball.
 - ◆ Athletes will develop racquet control skills while using smaller ball
 - ◆ Athletes will gain knowledge of readiness, preparation and recovery.
 - ◆ Athletes will gain knowledge of: Best of 3 short set match and Match Tie Break.
- ◆ Lesson Concentration: Sending and Receiving Skills, Preparation, Rules and Etiquette



Level 4: 78' court with green ball (low compression)

- ◆ Intermediate; Matchplay; Singles, Doubles and Unified
- ◆ Goals: Provides meaningful tennis competition for athletes with ability for full court coverage with a slower paced ball.
 - ◆ Athletes will develop knowledge of shot selection.
 - ◆ Athletes will develop ball placement and racquet control with movement.
 - ◆ Athletes will gain basic knowledge of full court singles and doubles strategy.
- ◆ Lesson Concentration: Recovery, Advanced strokes: Overhead, drop shot, lob and approach shot, Placement, Doubles communication, Tennis etiquette and strategy

Level 5: 78' court with traditional yellow ball

- ◆ Advanced intermediate-Advanced: Matchplay; Singles, Doubles and Unified
- ◆ Goals: Provides meaningful tennis competition and experience for athletes with the ability for full court matchplay with a traditional ball.
 - ◆ Athletes will develop spins, shot sequencing, and power strokes.
 - ◆ Athletes will develop control, power and placement with traditional yellow ball.
 - ◆ Athletes at this level are able to transition into community play.
 - ◆ Athletes will develop a match warm-up routine.
- ◆ Lesson Concentration: Speed, endurance and core training, Spins, Stroke sequencing for game strategy and power with placement.

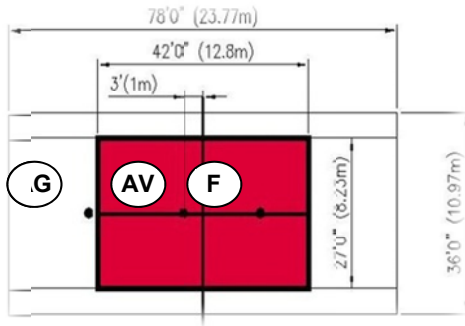
Young Athletes

- ◆ Athletes: Ages 3-7 years old.
- ◆ Goals: Age appropriate activities and equipment help prepare future tennis players using fun game based activities.
 - ◆ Athletes will develop balance, hand-eye coordination, throwing, catching, and tracking skills.
 - ◆ Athletes will have fun in a positive atmosphere.
 - ◆ Athletes will train for culminating activity.
- ◆ Lesson concentrations:
 - ◆ Balance, hand-eye,
 - ◆ Non-locomotor activities; bending, stretching, twisting, turning, swinging, pushing, pulling, dodging swaying,
 - ◆ Locomotor activities; running, skipping, jumping, hopping, leaping, sliding galloping.



Suggested Training Levels

The levels below are suggested as a guide for use in training, to assist the athletes in their transition from ISC to traditional matchplay. The choice of level offered in a competition will depend on the ability levels of athletes entering. Consideration must also be given to whether the athlete's training has included these balls and court sizes.



Level 1 - (ISC)

Court Dimensions: 42' x 27'

Ball: ITF approved Red Foam Ball



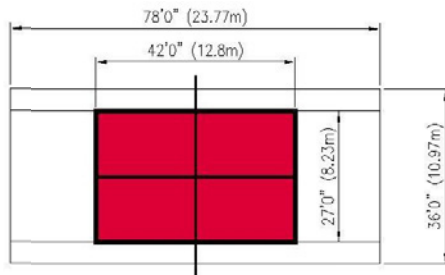
Level 1 is suggested for athletes rated between 1.0 & 1.9.

It is intended to be an introduction to short court matchplay in Level 2

ISC scoring for level 1 will consist of 5 points for each volley and groundstroke landing within the service boxes and 10 points for each correct serve.

Full court ISC may still be conducted, if more suitable to the ability level of the athletes.

Court Positioning F: Feeder for groundstrokes & volleys **AG:** Athlete for groundstrokes & serves **AV:** Athlete for volleys



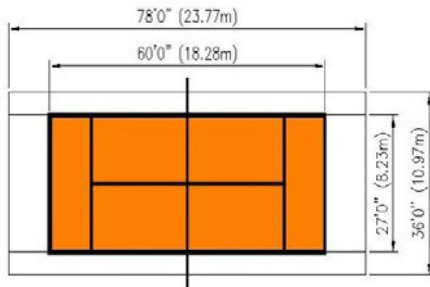
Level 2 – Short Court Matchplay

Court Dimensions: 42' x 27'

Ball: ITF approved Red Foam Ball



Level 2 is suggested for athletes rated between 2.0 & 2.9.



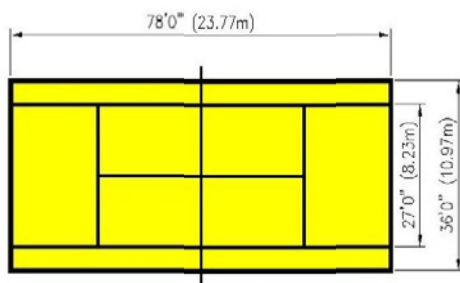
Level 3 – Intermediate Court Matchplay

Court Dimensions: 60' x 27'

Ball: ITF approved Orange Ball



Level 3 is suggested for athletes rated between 3.0 & 3.9



Levels 4 & 5 – Traditional Court Matchplay

Court Dimensions: 78' x 27' for singles

Court Dimensions: 78' x 36' for doubles

Ball: ITF approved green ball (level 4)



Level 4 is suggested for athletes rated between 4.0 & 4.9

ITF approved Yellow Ball (level 5)



Level 5 is suggested for athletes rated between 5.0 & 8.0.